

Make it last: the more, the better ... or less is more?

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Stellingen behorende bij het proefschrift

Make it last: the more, the better... or less is more? Physical activity motivation among participants of various lifestyle interventions

1. De kwaliteit van motivatie is belangrijker dan de kwantiteit (*dit proefschrift*).
2. Laat je niet misleiden door mensen die zeggen “heel erg gemotiveerd” te zijn, vraag door naar onderliggende motieven (*dit proefschrift*).
3. Bij het toetsen van hypothesen op basis van de Self-Determination Theory kan worden aanbevolen om vaker een mixed-methods design toe te passen (*dit proefschrift*).
4. We kunnen veel van elkaar leren door vaker over de schutting te kijken bij ketenaanpakken voor andere chronische aandoeningen (*dit proefschrift*).
5. Leefstijlcoaches zijn een goede aanvulling in de nazorg na revalidatie (*dit proefschrift*).
6. Gesprekstechnieken voor leefstijl coaching moeten een vast onderdeel zijn in opleidingen voor alle gezondheidszorgprofessionals (*valorisatie*).
7. Chronisch ziek zijn is topsport. De tegenstander is niet zo makkelijk te overwinnen, maar met de juiste begeleiding kan het veel mensen lukken (*Wim Tilburgs*).
8. The shoe that fits one person pinches another; there is no recipe for living that suits all cases (*Carl Jung*).
9. Alleen ga je sneller, samen kom je verder.
10. If you are working on something exciting that you really care about, you don't have to be pushed (*Steve Jobs*).
11. Als het leven je laat struikelen, maak er dan een salto van.